



# Longwood Seniors

## January 2007



Program Director: Giedre Deltuvaite, 19300 Georgia Avenue, Brookeville, MD 20833  
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Longwood Community Center hosts a Senior Program on Mondays from 10:00am - 2:00pm. There is Blood Pressure Screening once a month, some form of exercise, entertainment and speakers. Bring a lunch and spend the day or drop in for something of interest.

**GREAT NEWS – THERE IS A FREE DOOR-TO-DOOR BUS PICK-UP SERVICE TO THE PROGRAM!!!!** Stop by the center on Mondays and ask program director for further details.

Tuesdays find seniors playing bridge and working in the ceramics room on volunteer led activities, again between the hours of 10-2.

Mah Johg has recently been added to the fun. There is always room for new friends!

***Welcome Back!***

***With the New Year, new dreams and hopes are  
born and we come together to make some of  
them come true.***

***January  
2007***

**Monday, January 8**

10:00am – 11:30am

**Meeting and Chair Exercise**

Come together after the break and  
share news of the holidays.



12:30pm – 1:30pm

**“Yellowstone National Park – the jewel of nature”**

Montgomery College professor Paul McDermott will take us on a visual journey exploring the natural wonders of Yellowstone National Park.

**Monday, January 15**

**In the honor of Martin Luther King Jr., the center will be closed**

**Monday, January, 22**

10:00am – 11:30am

**Meeting & Edna’s Exercise Routine**

12:30pm – 1:30pm

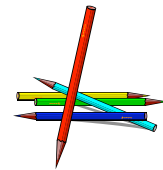
**Hearing Screening**

The Miracle-Ear from Sears Hearing Center will do hearing screening free of charge. You have to sign up in advance.

**Monday, January 29**

10:00am – 11:30am

**Meeting and Chair Volleyball – join the group for a fun workout!**



12:30pm – 1:30pm

**Drawing Workshop**

Who says that not everybody can draw? It is definitely not Marvin Hoffman who will lead the workshop and teach each of us how to draw. You may think it is difficult but he insists anyone can create art. Bring two #2 pencils and 5 to 10 sheets of 8.5x11 white paper.

***Sneak Peak to February program:***

**February 5,** Arts for the Aging will present a surprise activity